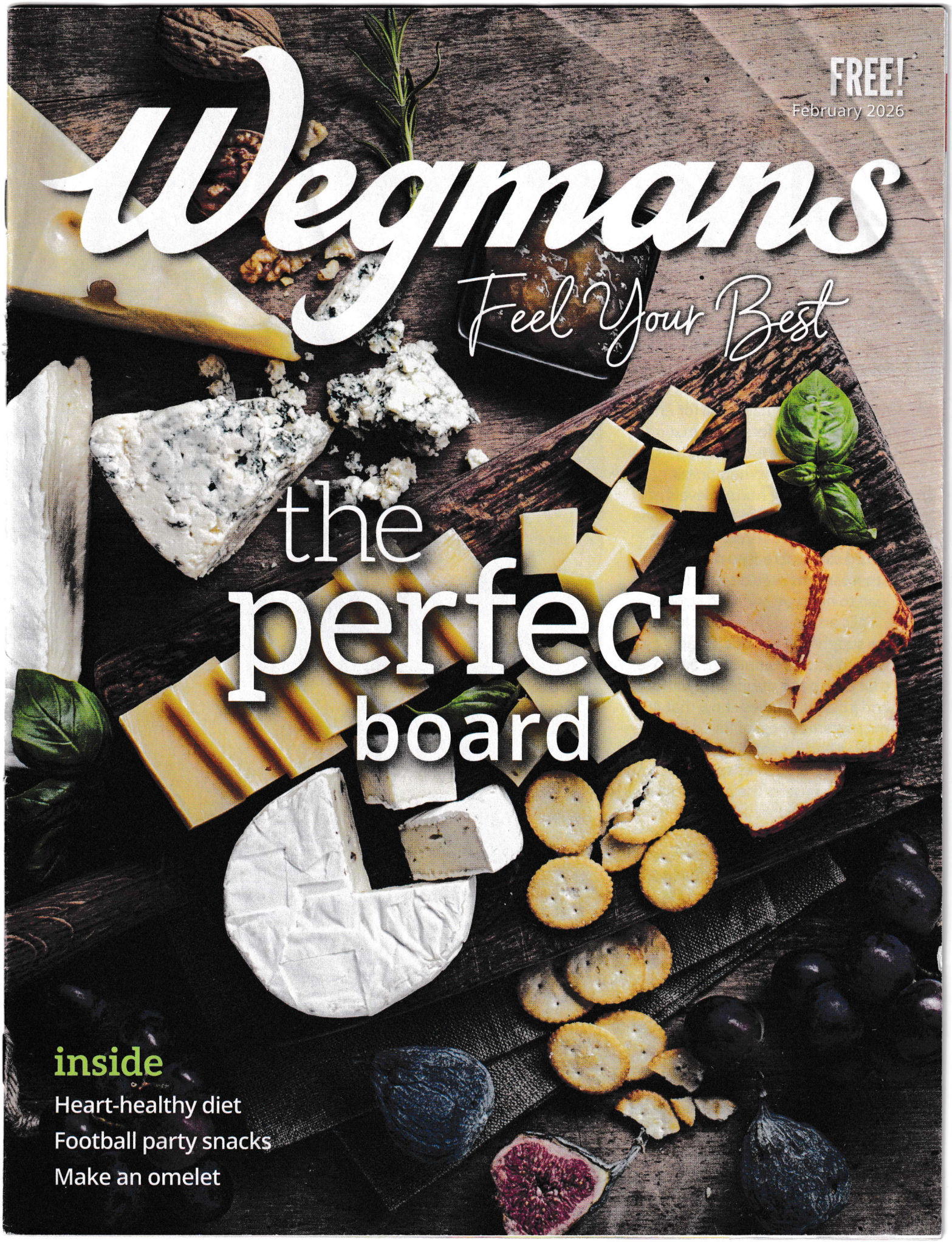

FREE!
February 2026
Wegmans
Feel Your Best
the perfect board
inside
Heart-healthy diet
Football party snacks
Make an omelet

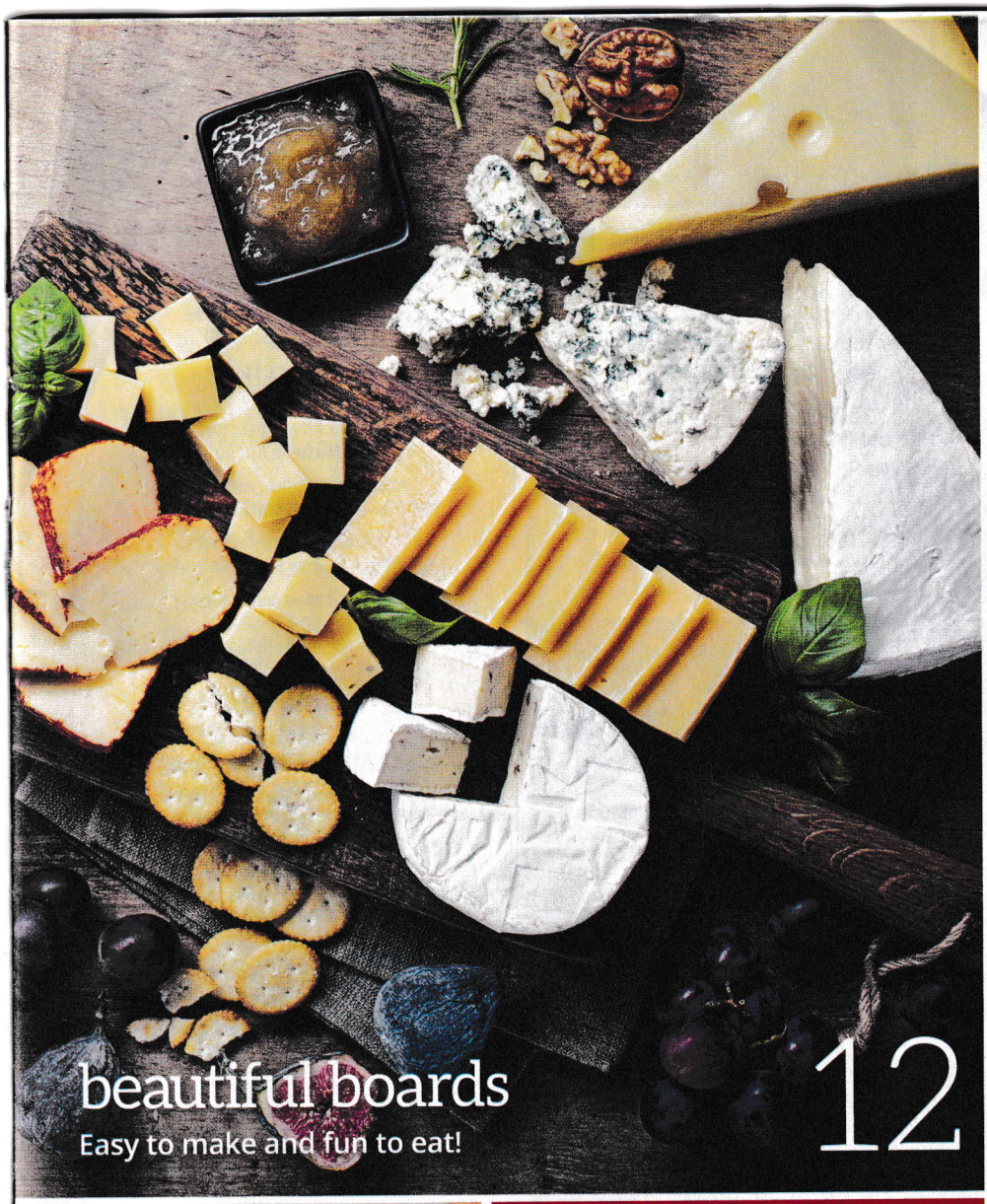
folic acid

Folic acid is the synthesized version of folate, a water-soluble B vitamin that occurs naturally in foods. The body needs folate (or folic acid) for energy production and for the formation of red and white blood cells. It is also necessary for metabolizing and maintaining normal levels of an amino acid called homocysteine that, at elevated levels, has been linked to an increased risk of atherosclerosis—a disease that can lead to heart attacks and strokes.

Folic acid is perhaps best known for supporting periods of rapid cell growth and division, such as those that take place during pregnancy and infancy. Studies show that 400 micrograms (mcg) of folic acid taken daily in early pregnancy may prevent birth defects such as spina bifida and may also protect the mother from pregnancy-related anemia.

Food sources of folate include soybeans, tofu, kidney beans, lentils, oysters, spinach, beef, and chicken (dark meal), plus fortified foods like cereal and oatmeal. Many health practitioners recommend that women of childbearing age also take a daily folic acid supplement. Look for a supplement with vitamins B12 and C, which help the body to absorb folic acid. ●

SELECTED SOURCES **"Folate,"** Linus Pauling Institute, https://lpi.OregonState.edu, 12/23 • **"Folate,"** Office of Dietary Supplements, National Institutes of Health, https://ods.od.nih.gov, 11/30/22 • ***Prescription for Nutritional Healing*** by Phyllis A. Balch, CNC ($45, Penguin Group/Avery, 2023)



[february contents]

5 market gourmet
Devil's Food Cake

6 health front
A minimally processed diet may aid weight loss • Vitamin D3 may cut heart attack risk • Fruit is a smart choice

12 beautiful boards
British Cheese Board • Pickled Grapes • Poached Pears

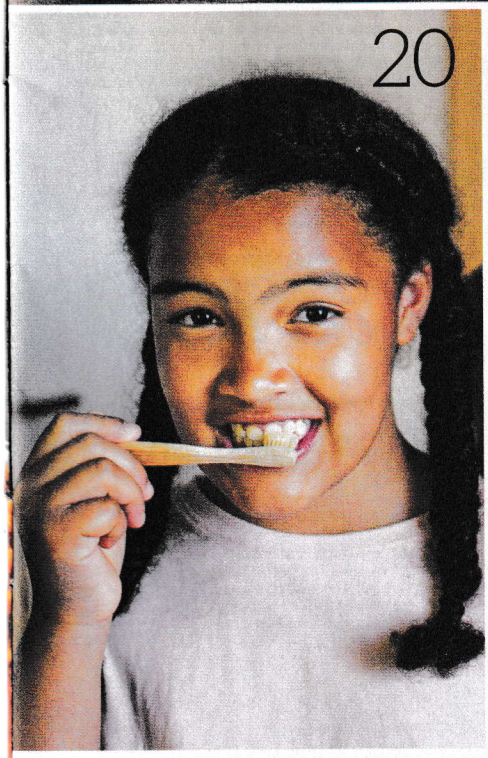
18 quick tips
Build a gluten-free pantry.

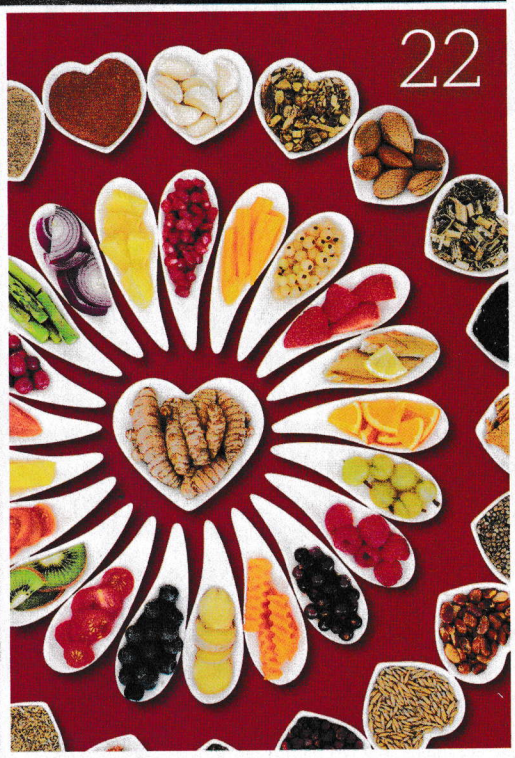
20 healthy strategies
Tips to support kids' oral health.

22 protect your heart with food
Try a heart-healthy eating pattern.

26 cook-at-home
Healthy recipes for your football party.

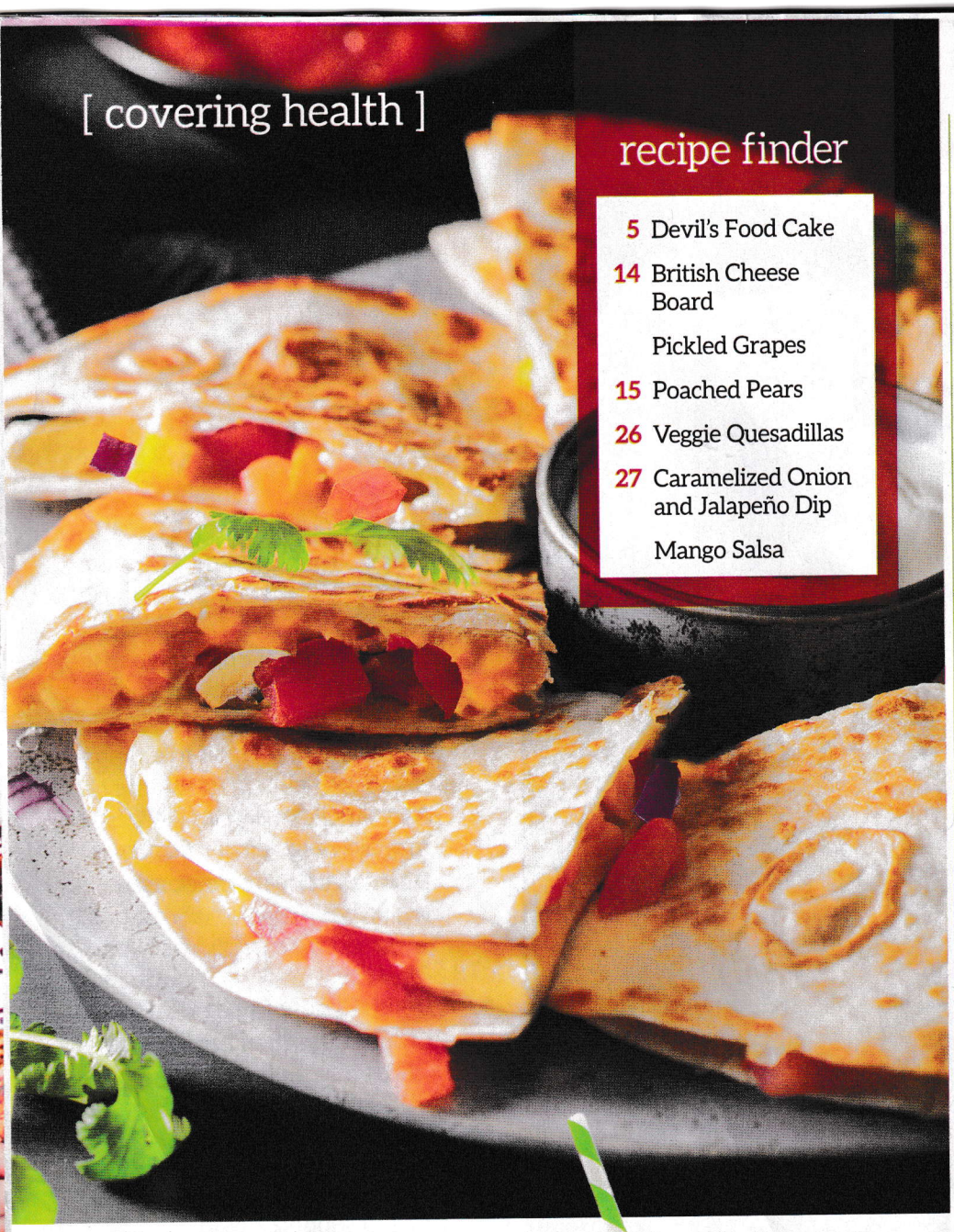
28 wellness
Learn to make an omelet.





Products advertised or mentioned in this magazine may not be available in all locations.

[covering health]



recipe finder

5 Devil's Food Cake

14 British Cheese Board

Pickled Grapes

15 Poached Pears

26 Veggie Quesadillas

27 Caramelized Onion and Jalapeño Dip

Mango Salsa

coming in *march*

- St. Patrick's Day
- Frozen Foods
- Kidney Health

tasteforlife®

CHIEF CONTENT OFFICER AND STRATEGIST
Lynn Tryba
(Lynn.Tryba@TasteforLife.com)

CONTRIBUTING EDITORS
Lisa Fabian, Rich Wallace

ASSOCIATE EDITOR
Kelli Ann Wilson

CREATIVE DIRECTOR
Michelle Knapp

PRODUCTION/GRAPHIC DESIGNER
Brian Jenkins

CHIEF OPERATING OFFICER
Amy Pierce

CUSTOMER SERVICE
800-677-8847
CustomerService@TasteforLife.com

CLIENT SERVICES DIRECTOR - RETAIL
Judy Gagne (x128)

CLIENT SERVICES DIRECTOR - ADVERTISING & DIGITAL
Ashley Dunk (x190)

VICE PRESIDENT – GROUP BRAND PROMOTIONS
Bob Mucci 603-831-1868

VICE PRESIDENT – RETAIL SALES AND STRATEGIC PARTNERSHIPS
Anna Johnston
(Anna.Johnston@TasteforLife.com)

CHAIRMAN AND FOUNDER
T. James Connell

CREATIVE AND SALES OFFICES
155 Washington Street
Keene, NH 03431 603-283-0034

Published monthly by Taste for Life®, 155 Washington Street, Keene, NH 03431, 603-283-0034 (fax 603-676-7941); © 2026 Connell Communications, Inc. All rights reserved. This magazine is not intended to provide medical advice on personal health conditions, nor to replace recommendations made by health professionals. The opinions expressed by contributors and sources quoted in articles are not necessarily those of the editor or the publisher. Advertisers and advertising agencies assume liability for all content of advertising and for any claims arising therefrom. Information appearing in this magazine may not be reproduced in whole or in part without express permission of the publisher.

ENVIRO/TECH INK

The inks used to print the body of this publication contain a minimum of 20%, by weight, renewable resources.

Please Recycle This Magazine

Printed in the US on partially recycled paper.

MAHO Mid-American Health Organization · Member Organic Trade Association · POSITIVELY NATURAL · SENPA

For more health and wellness resources visit
www.tasteforlife.com

A NOTE ON RECIPES
Nutritional analysis from Edamam. Nutritional values vary depending on portion size, freshness of ingredients, storage, and cooking techniques. They should be used only as a guide. Star ratings are based on standard values (SVs) that are currently recommended: ★★★★★ Extraordinary (50 percent or better), ★★★★ Top source, ★★★ Excellent source, ★★ Good source, ★ Fair source

RECIPE KEY
D Dairy Free · G Gluten Free · N Nut Free
V Vegan · V Vegetarian

70 min prep time
makes **1**, two-layer 8-inch cake
serves **12**

Devil's Food Cake NV

From ***Ready for Dessert*** by David Lebovitz ($37.99, Ten Speed Press, 2025)

Cake

- 2 cups cake flour or all-purpose flour
- 1 tsp baking soda
- ½ tsp baking powder, preferably aluminum-free
- ½ tsp salt
- ⅔ c unsweetened cocoa powder (natural or Dutch-process)
- ½ c hot water or strong coffee
- 1 c sour cream or buttermilk
- 8 Tbsp (4 oz) unsalted butter, at room temperature
- ¾ c granulated sugar
- ¾ c packed dark brown sugar
- 2 tsp pure vanilla extract
- 2 large eggs, at room temperature

Ganache Frosting

- 8 oz bittersweet chocolate, coarsely chopped
- 6 Tbsp heavy cream
- 8 Tbsp (4 oz) unsalted butter, cubed, at room temperature

1. Preheat oven to 350°. Butter two 8-inch round cake pans. Dust with a small amount of flour and tap out excess. Line bottoms with circles of parchment paper.

2. To make cake: in a medium bowl, whisk together flour, baking soda, baking powder, and salt. Set aside.

3. Put cocoa in a medium bowl and pour the hot water over it. Stir until it's a paste. It won't be smooth yet, but stir in sour cream, and then whisk until smooth. Set aside.

4. In the bowl of a stand mixer fitted with paddle attachment (or by hand), beat the 8 tablespoons butter, the sugars, and vanilla at high speed for 5 minutes, until well combined, stopping mixer midway and scraping down sides of bowl.

5. Reduce mixer speed to medium, and add eggs one at a time, stopping mixer after each addition to scrape down sides of bowl. After adding eggs, mix for 1 minute at medium-high speed.

6. Turn mixer to lowest speed and add half of dry ingredients, and then add cocoa mixture. Remove bowl from stand mixer and use a flexible spatula to mix in rest of dry ingredients, stirring just until no bits of flour are visible. Don't overmix.

7. Divide batter between two prepared pans and use a spatula to spread it into even layers. Bake until center of one of cakes feels just about set, about 20 minutes. A toothpick inserted into center should come out clean. Let cakes cool completely on a wire cooling rack.

8. To make ganache frosting, in a medium heatproof bowl, combine chocolate and cream. Set bowl over a pan of barely simmering water and stir occasionally with a whisk until chocolate is melted and mixture is smooth. Remove bowl from heat, wipe bottom of bowl dry with a kitchen towel, and add 8 tablespoons butter in small bits, using your fingers to break it into smaller pieces as you add it, which will warm it up and help it meld with the chocolate. Stir gently with whisk until smooth. If there are still visible bits of butter, whisk a few times with a bit more determination but avoid aerating mixture.

9. Let frosting rest, stirring it occasionally with a flexible spatula until it's thick and spreadable, the consistency of chocolate pudding. When you lift a spatula-ful of frosting, it should softly hold its shape when you let it fall back into bowl. It'll take about 10 to 20 minutes, depending on the temperature of your kitchen.

10. Run a knife around sides of cakes to help loosen them from pans. Remove cakes from pans, and then peel off parchment paper. Put one layer on a flat dinner plate or serving platter. Spoon about one-quarter of frosting on top of cake layer and spread it evenly over top. Place other layer on top of it and spread rest of frosting over top and sides.

Per serving (made with sour cream): 472 Calories, 6 g Protein, 87 mg Cholesterol, 53 g Carbohydrates, 33 g Total sugars (31 g Added sugars), 3 g Fiber, 29 g Total fat (17 g sat), 243 mg Sodium, ★★ Vitamin A, Phosphorus, ★ Vitamin B2 (riboflavin), Iron, Magnesium

less-processed foods may **aid weight loss**

Participants in a 2025 study lost twice as much weight consuming minimally processed foods compared to when they ate an ultra-processed diet. According to the authors, both diets provided recommended levels of fruit and vegetables and were "nutritionally matched" for intake of fats, protein, carbohydrates, salt, and fiber.

Researchers assigned each participant to one of two groups. One group began with an eight-week diet of minimally processed foods "such as overnight oats or homemade spaghetti Bolognese." They then returned to their regular diets for four weeks, followed by eight weeks of ultra-processed foods, including "breakfast oat bars or a lasagne ready meal." The second group completed the diets in the opposite order.

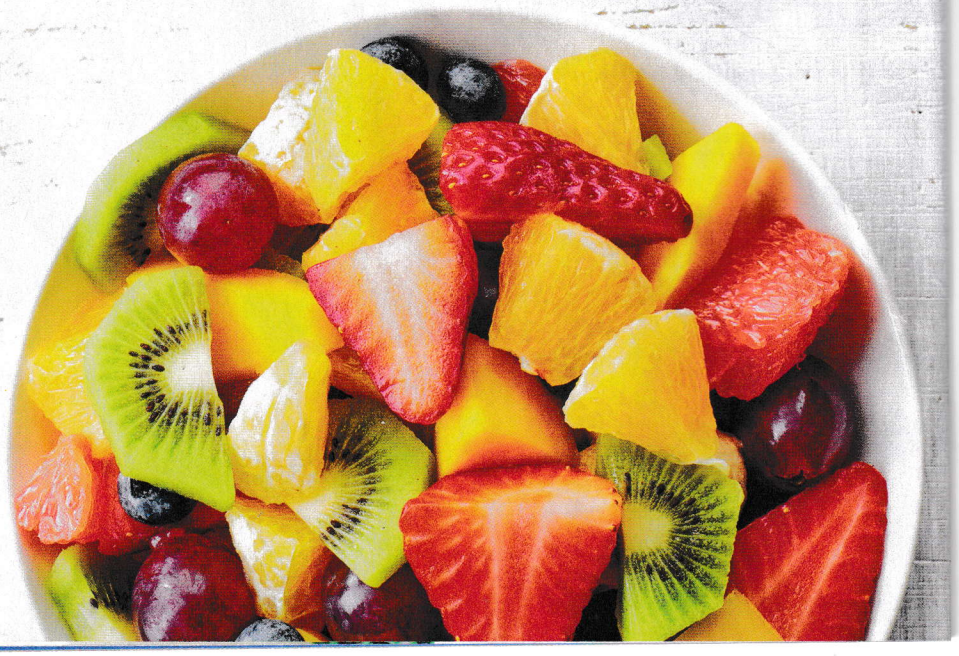
The minimally processed diet led to weight loss of about 2 percent, while the second diet contributed to an average loss of about 1 percent.

SELECTED SOURCES **"Less processed diet may be more beneficial for weight loss,"** University College London, 8/4/25 • **"Ultraprocessed or minimally processed diets following healthy dietary guidelines on weight and cardiometabolic health: A randomized, crossover trial"** by S.J. Dicken et al., *Nature Medicine,* 8/4/25

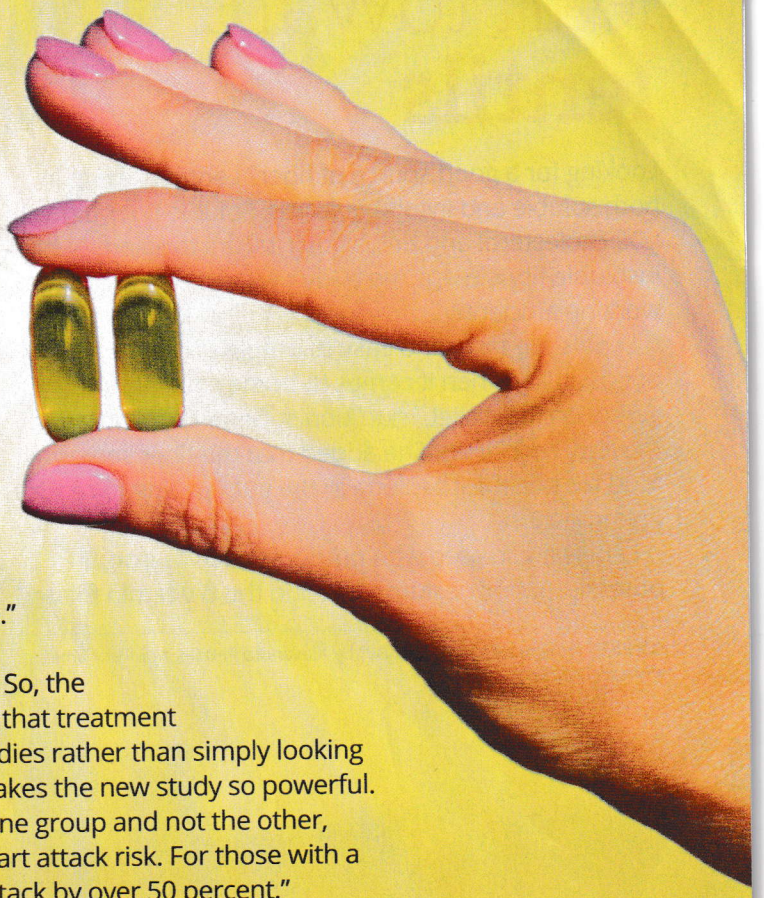
think **fruit**

"Weight loss is not just about what you remove from your plate—be sure to consider what you put on in its place!" write the nutrition experts at Tufts University. "Replacing nutrient- and fiber-poor snack foods like chips and pretzels and typical desserts like baked goods and ice cream with fruit is a smart choice—whether you are trying to lose weight or not."

SOURCE **"Myth of the month: Some fruits are better than others for weight loss,"** *Tufts University Health & Nutrition Letter,* 7/25/25



D3 may **lower heart attack risk**



Heart attack patients might cut their risk of a second attack substantially by adhering to a regimen of vitamin D3 supplementation. A large six-year study presented at a 2025 American Heart Association session found that some participants cut their risk in half.

Doses were individually tailored in an attempt to help participants achieve optimal levels of the vitamin.

Commenting on the study, board certified internist Jacob Teitelbaum, MD, observed that "inadequate vitamin D is one of the most important nutritional deficiencies. The common misguided medical advice today is to avoid sunshine, which is a major source of vitamin D. Vitamin D is critical for balancing inflammation and immunity. The appropriate advice should be to avoid sunburn, not sunshine."

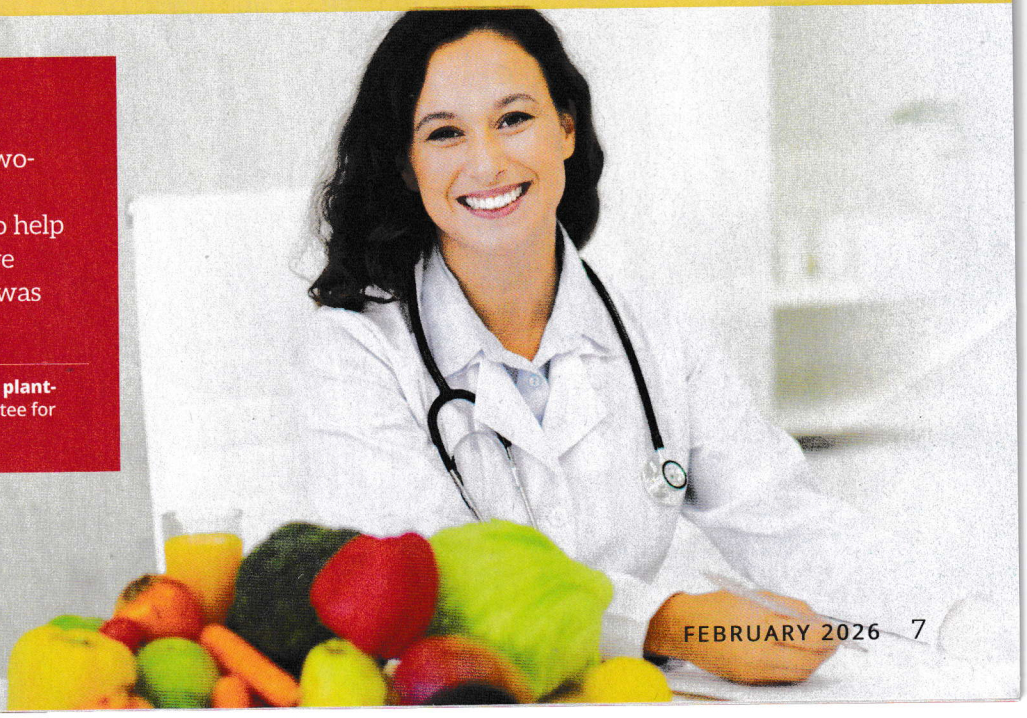
Dr. Teitelbaum added that vitamin D levels "go down with inflammation, infections, and other severe health conditions. So, the low vitamin D levels do not necessarily indicate deficiency, or that treatment is going to help the illness. This requires actual treatment studies rather than simply looking for associations." According to Dr. Teitelbaum, this is what makes the new study so powerful. "It was a randomized prospective study where they treated one group and not the other, showing that supplementing vitamin D was what lowered heart attack risk. For those with a previous heart attack, it lowered the risk of a second heart attack by over 50 percent."

SELECTED SOURCES **"Heart attack risk halved in adults with heart disease taking tailored vitamin D doses,"** American Heart Association Scientific Sessions 2025, 11/25 • **Personal communication**: Jacob Teitelbaum, 11/25 • **"Targeted vitamin D3 supplementation cuts risk of heart attack patients having a second heart attack in half, new Intermountain Health study finds,"** Intermountain Healthcare, 11/9/25

Did You Know?

A new survey revealed that nearly two-thirds of Americans would consider adopting a low-fat, plant-based diet to help prevent Type 2 diabetes or to improve their blood sugar control if that plan was recommended by their physician.

SOURCE **"New poll: Most Americans would try a plant-based diet to fight diabetes,"** Physicians Committee for Responsible Medicine, 11/7/25



lean toward **lentils**

Looking for a good source of fiber? Lentils are rich in both soluble and insoluble forms. Soluble fiber binds to LDL cholesterol and helps flush it from the body, while insoluble fiber keeps the body's waste removal system working efficiently.

Lentils are tasty and easy to prepare. They're "full of possibility when it comes to home cooking, and gentle on the wallet," nutritionist Gena Hamshaw told the *New York Times*. She added that the fiber serves as food for healthful bacteria in the gut, helping to reduce inflammation.

Lentils are loaded with nutrients such as iron, potassium, magnesium, zinc, and the B vitamin folate.

SOURCE **"How healthy are lentils?"** by Alexandra Pattillo, *New York Times*, www.NYTimes.com, 10/13/25

try this **hydration rotation**

New research says that a balance of water, tea, and coffee throughout the day may add years to your life. The study determined that drinking about eight total cups per day could reduce overall mortality. At least half of that total should be water, but adding the other beverages is beneficial. Water is vital for hydration, while polyphenols in tea and coffee support metabolic and vascular health while helping to reduce inflammation.

SELECTED SOURCES **"Relative associations of coffee, tea and plain water with all-cause and cause-specific mortality: A prospective cohort study,"** Cambridge University Press, 9/22/25 • **"Rotating these 3 drinks every day could add years to your life, new study says"** by Ria Bhagwat, www.RealSimple.com, 11/5/25

Simply Better Bacon

REAL WOOD SMOKED

0g TOTAL CARBOHYDRATE PER SERVING

4g PROTEIN PER SLICE

GLUTEN FREE

REAL WOOD SMOKED

6g PROTEIN PER SLICE

75% LESS FAT VS. PORK BACON

50 CALORIES PER SERVING

Godshall's Beef Bacon

Save $2.00

0791241-100059

LIMIT ONE (1) COUPON PER PURCHASE. NOT TO BE COMBINED WITH ANY OTHER COUPON(S). Void if expired, reproduced, altered, copied, or where prohibited or restricted by law. Retailer: Godshall's Quality Meats will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with its Coupon Redemption Policy (available upon request). Mail coupons to: Godshall's Quality Meats, Inmar Dept. #44050; Mfr Rcv Office 801 Union Pacific Blvd STE 5, Laredo, TX 78045 **COUPON EXPIRES: 12/31/2026**

Godshall's Turkey Bacon

Save $1.00
Any Godshall's Turkey Bacon

0791241-100060

LIMIT ONE (1) COUPON PER PURCHASE. NOT TO BE COMBINED WITH ANY OTHER COUPON(S). Void if expired, reproduced, altered, copied, or where prohibited or restricted by law. Retailer: Godshall's Quality Meats will reimburse you for the face value of this coupon plus 8¢ handling if submitted in accordance with its Coupon Redemption Policy (available upon request). Mail coupons to: Godshall's Quality Meats, Inmar Dept. #44050; Mfr Rcv Office 801 Union Pacific Blvd STE 5, Laredo, TX 78045 **COUPON EXPIRES: 12/31/2026**

[test kitchen] BY *TASTE FOR LIFE* STAFF

make it Mediterranean

wholesome recipes to nourish your body

Fruits, vegetables, grains, beans, lentils, olive oil, and fresh herbs are some of the foods that comprise the popular eating plan known as the Mediterranean Diet. These recipes showcase the ingredients that are part of this healthy lifestyle.

35 min prep time
serves **8**

Mediterranean Frittata G N V

From the ***Taste for Life*** test kitchen

- 6 large eggs
- 1 c low-fat milk
- 1 Tbsp fresh basil, chopped
- 1 Tbsp fresh oregano, chopped
- 1 Tbsp olive oil
- 1 clove garlic, chopped
- 1 c fresh spinach, chopped
- 1 c roasted red peppers, diced
- Salt and freshly ground black pepper to taste
- ½ c crumbled goat cheese
- ½ c shredded Parmesan cheese

1. Preheat oven to 350º.

2. In a medium bowl, whisk together the eggs and milk. Add basil and oregano. Set aside.

3. Heat the oil in a 10-inch diameter nonstick skillet set over medium heat. Add the garlic and sauté for 1 minute. Add the spinach and sauté until it begins to wilt, about 1 minute. Add the roasted red peppers and salt and pepper to taste. Sauté 1 minute.

4. Pour the egg mixture over the vegetables. Sprinkle with the goat cheese and then the Parmesan cheese. Cook over medium heat until frittata is just set at edges, about 10 minutes.

5. Transfer skillet to the oven and bake until eggs are just set, about 20 minutes.

Per serving: 148 Calories, 11 g Protein, 133 mg Cholesterol, 4 g Carbohydrates, 3 g Total sugars (0 g Added sugars), 1 g Fiber, 10 g Total fat (5 g sat), 252 mg Sodium, ★★ Vitamin B2 (riboflavin), B12, C, K, Phosphorus, ★ Vitamin A, B6, Calcium

Mediterranean Stuffed Peppers

40 min prep time
serves 4

N V

From the ***Taste for Life*** test kitchen

- Cooking spray
- 4 large bell peppers
- 1 Tbsp olive oil
- ½ c chopped onion
- ½ c chopped zucchini
- 1 c seeded and chopped bell pepper
- 4 garlic cloves, minced
- 1 tsp dried oregano
- 3 c cooked whole-grain couscous
- 2 Tbsp chopped fresh mint
- 1 to 2 Tbsp lemon juice
- 1 c crumbled feta cheese, optional
- Salt and freshly ground black pepper

1. Preheat oven to 375°. Coat a baking dish with cooking spray.
2. Slice the peppers vertically. Using a spoon, scoop out the seeds and ribs from the peppers.
3. Place 1 inch of water in a large pot and bring to a boil. Place peppers in pot. Cover and steam for 5 minutes. Remove peppers from pot to drain. (Alternately, you can microwave the peppers on high heat for 5 minutes.)
4. Heat oil in a large skillet over medium heat. Add onion, zucchini, bell pepper, garlic, and oregano. Cook, stirring frequently, for 5 minutes. Remove skillet from heat and stir in the cooked couscous, mint, lemon juice, and feta cheese. Season to taste with salt and pepper.
5. Stuff each pepper half with the couscous mixture. Place stuffed peppers in a baking dish. Cover with a lid or aluminum foil and bake for 15 to 20 minutes, or until peppers are tender.

Per serving: 706 Calories, 25 g Protein, 33 mg Cholesterol, 120 g Carbohydrates, 3 g Total sugars (0 g Added sugars), 10 g Fiber, 14 g Total fat (6 g sat), 740 mg Sodium, ★★★★★ Vitamin C, Phosphorus, ★★★★ Vitamin B2 (riboflavin), B3 (niacin), ★★★ Vitamin B1 (thiamine), ★★ Vitamin B12, Calcium, Folate, Magnesium, Zinc, ★ Vitamin A, Iron, Potassium

BY LISA FABIAN

beautiful boards *gather and graze*

Go to just about any party, and you'll see a crowd lingering by the cheese board.

A stylish way to serve an assortment of cheeses, fruits, vegetables, nuts, condiments, and more, these beautiful presentations are easy to make and fun to eat.

When creating a board, don't feel that every item needs to be made from scratch. Purchase common accompaniments like candied nuts, jams, pickles, and dried fruit. If you want to make your own preserves, a recipe follows. You may even choose to make unique items like the **Pickled Grapes** and **Poached Pear** recipes featured here.

Build a board

The following ratios can be helpful when designing a cheese board. Quantities are per person and serve as a guide. If the board will be part of the main meal, or you have big eaters coming, include extra bread, crackers, fruit, and/or crudités.

- ✔ 4 to 5 crackers and/or a few pieces of bread
- ✔ 3½ oz meat or fish
- ✔ 5 oz cheese
- ✔ 4 oz crudités or other vegetables
- ✔ 3 oz fruit
- ✔ 2 oz nuts, pretzels, or dried fruit

A board looks best when completely full. This approach isn't required though. Since it can be expensive to fill a board, as an alternative keep items to the center of the board and leave space around the board's edges.

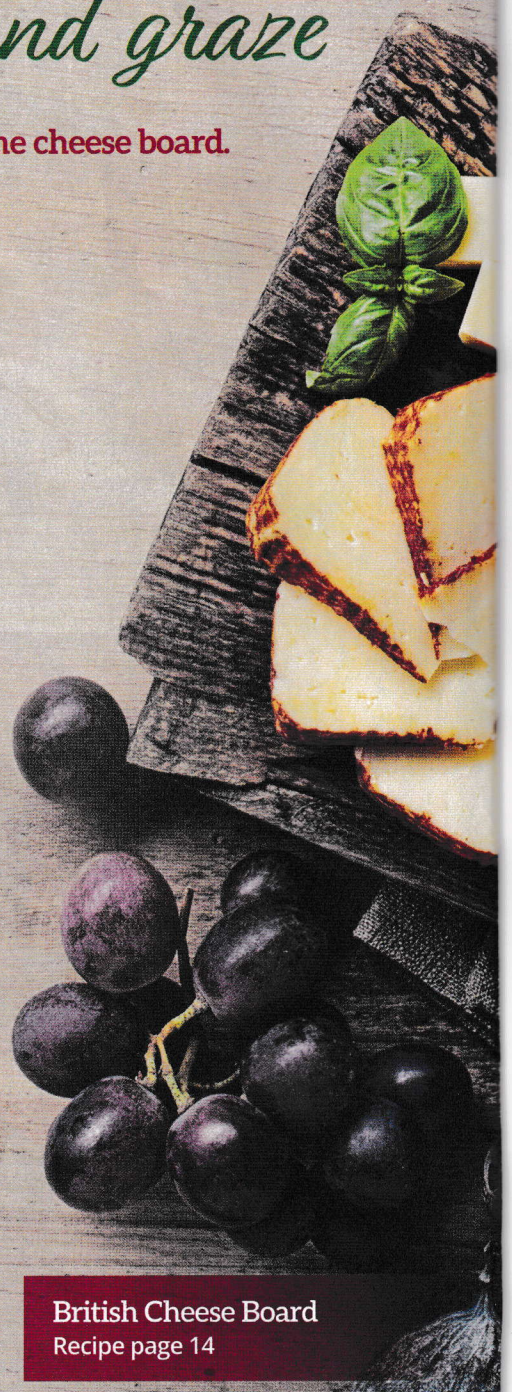
If your guests will be seated at a table when enjoying the spread, place items on a long and narrow board so everyone can have easy access to it.

If including meat or fish on the board, make sure items aren't left out at room temperature for longer than two hours. To keep ingredients cool, consider placing them on a chilled marble slab. Or keep items on a tray of ice. Even with these tips, stick to the two-hour rule.

Think varying colors and textures when designing a board. Consider slicing fruits, cured meats, and cheeses in different shapes and sizes for eye appeal. Keep a bowl of toothpicks or a collection of small forks near the board, so grazers can easily pick items up.

The following cheese board doesn't include meat or fish. But feel free to offer varieties of smoked fish and cured meats alongside, if desired.

SOURCE ***The Grazing Table*** by Natalie Thomson ($24.99, Hamlyn, 2023)



British Cheese Board
Recipe page 14

continued from page 13

Shown on page 13

British Cheese Board V

From ***The Grazing Table*** by Natalie Thomson ($24.99, Hamlyn, 2023)

Fig & Balsamic Preserve

- 1 lb fresh figs, quartered
- ½ c water
- 1 c granulated sugar
- Juice of ½ lemon
- 3 Tbsp balsamic vinegar (aged if possible)

For the Cheese Board

- 1 quantity Fig & Balsamic Preserve
- 7 oz hard cheese, such as Montgomery's Cheddar or Lincolnshire Poacher
- 7 oz blue cheese, such as Colston Bassett Stilton
- 7 oz soft cheese, such as Baron Bigod or Tunworth
- 7 oz goat cheese, such as Ragstone
- 7 oz red cheese, such as Sparkenhoe Red Leicester
- 10 to 13 oz mixed crackers, such as oatcakes, water crackers, fruit-and-nut crackers, and/or digestive biscuits (or Graham crackers, if you cannot find digestive biscuits)
- Celery ribs
- Small bunches of red grapes
- Pickled onions
- Dried apricots
- Walnut halves

1. To make Fig & Balsamic Preserve, place figs and the water in a large saucepan over high heat. Bring to a boil and then add sugar and lemon juice. Cook for 10 minutes or until figs have cooked down and are completely soft. Remove from heat and let cool for 20 minutes and then blitz with a handheld immersion blender until smooth. Return to heat, add balsamic vinegar, and cook for 2 to 3 minutes to reduce to a thick consistency.

2. Let cool completely and then use immediately or keep in the refrigerator for up to 2 weeks. Alternatively, spoon into a sterilized jar while still very hot and seal with the lid. The jar of preserve will last up to six months if unopened.

3. To assemble, place preserve in a bowl in the center of a large platter or wooden board. Arrange cheeses around it, slicing or crumbling them so that they are easy to pick up. Place some crackers among cheeses, and then fill in spaces with celery and grapes. Add pickled onions to a small bowl and place on the board and then use dried apricots and walnuts to fill in any little gaps. Serve immediately.

Kitchen Note: You can't beat a classic cheese board. The above cheese suggestions are simply that—suggestions. Use any British cheeses you like. Use a jar of store-bought fig preserve if you prefer.

Per serving: 749 Calories, 30 g Protein, 104 mg Cholesterol, 50 g Carbohydrates, 24 g Total sugars (12 g Added sugars), 3 g Fiber, 48 g Total fat (24 g sat), 1,206 mg Sodium, ★★★★★ Vitamin B2 (riboflavin), B12, Calcium, Phosphorus, ★★★ Vitamin A, K, Zinc, ★★ Vitamin B1 (thiamine), B6, Folate, ★ Vitamin B3 (niacin), E, Iron, Magnesium

Pickled Grapes D G N V

From *The Cheese Life* by Mathew Carver and Patrick McGuigan ($29.99, Kyle Books, 2023)

- 6 Tbsp water
- 6 Tbsp sherry vinegar
- 2 fl oz white wine vinegar
- 2¼ oz caster (superfine) sugar
- ½ tsp black pepper
- 14 oz red grapes
- 3 sprigs rosemary
- Salt

1. In a saucepan, combine the water, both vinegars, sugar, pepper, and a pinch of salt. Bring to boil, stirring occasionally. Remove from heat and allow to cool for 10 minutes.

2. Remove grapes from their stems and make a small incision in the end of each grape. Place in a pickling jar with destemmed rosemary and then pour over cooled liquid to fully cover grapes. Seal and refrigerate for 2 days before serving to allow to infuse.

Per serving (serves 8): 49 Calories, 0 g Protein, 0 mg Cholesterol, 13 g Carbohydrates, 11 g Total sugars (4 g Added sugars), 1 g Fiber, 0 g Total fat (0 g sat), 132 mg Sodium, ★ Vitamin K

Poached Pears DGNV

From *The Cheese Life* by Mathew Carver and Patrick McGuigan ($29.99, Kyle Books, 2023)

60 min prep time
serves **4**

- 1⅓ pints water
- 1 cinnamon stick
- 3 star anise
- 2 cloves
- Zest of 1 lemon
- 5¾ oz caster (superfine) sugar
- 4 pears, peeled and cut into quarters

1. Place the water, spices, lemon zest, and sugar in a large pan. Bring to a boil. When sugar has dissolved, add pears, and then simmer for around 45 minutes, until tender but not too soft.

2. Leave to cool and store in an airtight container in the refrigerator for up to 2 weeks.

Per serving: 188 Calories, 1 g Protein, 0 mg Cholesterol, 50 g Carbohydrates, 39 g Total sugars (21 g Added sugars), 6 g Fiber, 0 g Total fat (0 g sat), 2 mg Sodium, ★ Vitamin C, K

Garden of Life®

GET BACK TO THE GARDEN

Get back to gut support you can actually feel†

Get back to happier, easier poops with Garden of Life Dr. Formulated probiotics—made with billions of live cultures to promote regularity!†

NON GMO Project VERIFIED nongmoproject.org

120125_ADC_GOL Wegmans

www.GardenofLife.com

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TAKE YOUR BOARD UP A NOTCH

Mike's HOT HONEY®

MANUFACTURER'S COUPON | EXPIRES 04/01/2026

08653720000-401739

Save $3.00

ANY MIKE'S HOT HONEY 12 OZ BOTTLE

Retailer: Mike's Hot Honey will reimburse you the face value of this coupon plus 8 cents handling, provided you and the consumer have complied with the terms of this offer. Invoices proving purchase of sufficient stock to support coupon submissions must be shown on request. Void where prohibited, taxed or restricted. Cash value is .001 cents. Send coupons to: **Mike's Hot Honey c/o CCP Dept. 3005 P.O. Box 972958 El Paso, Texas 79997-2958**

[quick tips] BY EVA MILOTTE

gluten-free pantry makeover

stay well-stocked to make food prep a breeze

Gluten-free eating can feel like a balancing act. You want to stay safe and healthy, but you don't want to dedicate every spare minute of your day to food prep. The secret may be a well-organized pantry, stocked with gluten-free essentials that help you save time, avoid cross-contamination, and keep mealtimes simple. Here's how to stock up with confidence.

Gluten-free baking mixes are available for making cookies, bread, muffins, pizza crust, and more. There are even all-purpose mixes. Be sure to keep a neutral-tasting one on hand. It's a convenient choice for baking either sweet or savory items. Read package labels carefully. Some mixes contain dairy, nuts, soy, or corn. If you're sensitive to these foods, choose brands free of these ingredients.

Your freezer is your friend. Make sauces, chilis, soups, breads, and muffins when you have time, and then date the items and freeze for later. One downside to freezing: Gluten-free pasta doesn't freeze well. Cook as needed and rely on using defrosted sauces.

When a homemade gluten-free bread or batch of corn muffins doesn't turn out quite right, don't throw it away. Use your high-speed blender or food processor to make breadcrumbs. Add your favorite seasonings, and freeze the crumbs for later use. When a batch of gluten-free cookies or muffins fails to impress, pulverize these into crumbs for later use as a fruit cobbler topping.

Shop for tasty and convenient gluten-free goods like premade pesto, guacamole, hummus, olive oil, balsamic vinegar, olives, sun-dried tomatoes, and roasted red bell peppers. Top rice, quinoa, or your favorite protein with one or more of these ingredients for fast flavor.

Improve the flavor of gluten-free baked goods by adding extra high-quality vanilla extract. Some gluten-free bakers add up to a tablespoon, even if the recipe calls for just a teaspoon. Consider adding more of a certain spice too—if it's already called for in the recipe. Doing so can help mask the flavor of some of the stronger-tasting gluten-free flours.

Label and seal each type of gluten-free flour in its own container and store them in specific areas of the fridge and freezer for ease of finding later on. Read the package to see where the item should be stored (pantry, refrigerator, or freezer).

SELECTED SOURCES **"Gluten-free pantry essentials,"** Gluten Intolerance Group, www.Gluten.org, 10/20 • **"Stocking a gluten-free pantry,"** www.Celiac.com, 9/10/21 • **"Stocking the gluten-free pantry,"** America's Test Kitchen, www.AmericasTestKitchen.com, 7/25/24

Love BEETS

Celebrate LOVE in every bite!

Ready-to-Eat!

Great for salads, sandwiches, snacking, & more!

Find us in the refrigerated produce aisle!

Love BEETS **SAVE $1.00**

On any one (1) LOVE BEETS product

CONSUMER: Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. Any other use constitutes fraud. Consumer pays sales tax. Discount may not be combined with any other offer. No cashback. **LIMIT ONE COUPON PER PURCHASE.**

RETAILER: Love Beets will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: **Offshoot Brands, Mandlik & Rhodes, PO Box 490, Dept 1124, Tecate, CA 91980.** Failure to produce invoices on request providing purchase of stock covering coupons may void all coupons submitted. Void if copied, reproduced, altered, transferred, sold or exchanged. Cash value: 1/100¢.

© 2025: OffShoot Brands

0850996004-152233

Manufacturer Coupon | Expires 12/31/26

@lovebeets • lovebeets.com

veggie confetti™

Make every meal a CELEBRATION!

veggie confetti
PICKLED ONIONS
A topping for salad, toast, tacos... and everything in between!
Bold Color + Big Flavor
MUSTARD SEED • PEPPERCORNS • CUMIN
NET WT. 12 OZ (340g)
veggie confetti
PICKLED VEGGIE RAINBOW SLAW
RED & GREEN CABBAGE • CARROTS • RADISH • SNAP PEAS
Bold Color + Big Flavor
NET WT. 12 OZ (340g)

Try VEGGIE CONFETTI on...

...and everything in-between!

Find us in the deli department!

veggie confetti **SAVE $1.00**

on any ONE (1) Veggie Confetti product

CONSUMER: Redeem only by purchasing the brand and size(s) indicated. May not be reproduced. Void if transferred to any person, firm, or group prior to store redemption. Any other use constitutes fraud. Consumer pays sales tax. Discount may not be combined with any other offer. No cashback. **LIMIT ONE COUPON PER PURCHASE.**

RETAILER: Veggie Confetti will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: **Offshoot Brands, Mandlik & Rhodes, PO Box 490, Dept 1124, Tecate, CA 91980.** Failure to produce invoices on request providing purchase of stock covering coupons may void all coupons submitted. Void if copied, reproduced, altered, transferred, sold or exchanged. Cash value: 1/100¢.

©2025: OffShoot Brands

0850996004-152234

Manufacturer Coupon | Expires 12/31/26

@veggie_confetti • veggieconfetti.com

 BY NAN FORNAL

protect your

children's teeth

put them on the path to lifelong dental health

A lifetime of healthy smiles begins in childhood. As with other aspects of a child's well-being, it's up to parents to set the stage for dental health.

Supervise brushing

Pediatric dentists advise supervising a "child's toothbrushing until the child is at least seven years of age," according to Hudson Valley Pediatric Dentistry.

"Every child develops differently, but on average, children can start brushing their own teeth around ages 6 and 7. However, parents should still supervise their children to make sure they are using proper brushing techniques," says the blog of Hudson Valley.

Eating and drinking

Avoid allowing babies and toddlers to go to bed with a bottle or sippy cup of juice or milk.

Fruit, vegetables, whole grains, and dairy foods are good for a child's teeth as well as for overall development, according to Hudson Valley, which recommends "limiting sugary snacks and drinks."

Regular dental appointments

To keep a child's teeth free of plaque and monitor for dental problems, the American Academy of Pediatric Dentistry recommends checkups every six months beginning around the child's first birthday. Establishing a relationship with a dentist early will help a child develop a positive attitude about dental care.

Add xylitol

Research has shown that the daily use of xylitol-sweetened chewing gum, but not candies, reduces caries in children and adolescents. Citing studies of the effects of xylitol gum on the accumulation of plaque and the Streptococcus mutans bacteria associated with tooth decay, authors of a study published in *BMC Oral Health* note the usefulness of the gum "to control and prevent caries occurrence in children and adults."

Check with your child's dentist about the appropriate age to allow your young child to chew gum. ●

SELECTED SOURCES **"Do chewing gums and sweets containing xylitol prevent caries in children?"** by D. Ramasubbu and B. Duane, *Evidence-Based Dentistry*, 6/24 • **"The effect of xylitol chewing gums and candies on caries occurrence in children: A systematic review with special reference to caries level at study baseline"** by K. Pienihäkkinen et al., *European Archives of Paediatric Dentistry*, 4/24 • **"Essential tips for children's tooth care: A parent's guide"; "Pediatric dentist tips: What parents should look [for] when supervising their child's toothbrushing,"** Hudson Valley Pediatric Dentistry, www.HVKidSmiles.com • **"Specific effects of xylitol chewing gum on mutans streptococci levels, plaque accumulation and caries occurrence: A systematic review"** by E. Söderling and K. Pienihäkkinen, *BMC Oral Health*, 7/25

Affordable
TODAY'S CATCH!
Try Crab Classic in your favorite seafood recipes.
Made from sustainable Wild Alaska Pollock, Crab Classic is great-tasting seafood that's fully cooked and ready-to-eat. It's perfect for quick and healthy meals or simple snacking.
Find great recipe ideas at trans-ocean.com
Enjoy in Seafood Salads, Hot Dishes & Snacks
transOCEAN Products
Fully Cooked Pasteurized Ready-To-Eat
Crab Classic
Imitation Crab
FLAKE STYLE
Wild Alaska Pollock with Real Crab Meat added
GLUTEN FREE
FAT FREE
100mg OMEGA-3
6g PROTEIN
heartcheck.org
Crab Classic
Lobster Classic
CHUNK STYLE
Also available: Simply Surimi, made from all natural ingredients and Non-GMO Project Verified.
NON GMO Project VERIFIED
nongmoproject.org
MANUFACTURER'S COUPON EXPIRES 12/31/26
SAVE $1.00
on one (1) pkg., any variety of Crab Classic or Simply Surimi
Retailer: Trans-Ocean Products Inc. will reimburse you the face value of this coupon plus 8 cents handling in accordance with our redemption policy (copy available upon request). Consumer must pay any sales tax. Send all redeemed coupons to: Trans-Ocean products Inc. Mandlik & Rhodes, PO Box 490 Dept #5350, Tecate, CA 91980 Cash value: 1/100¢.
0715166-151083

BY NAN FORNAL

protect your heart with food

what to eat—and what to avoid—to keep your heart healthy

Many factors influence heart health, including genetics, illness, infections, and medications, according to Cleveland Clinic Health Essentials. "The wear and tear that comes with age can also be a factor."

Regular exercise and stress management also help keep your heart healthy. And what you eat is something you can control. Food choices can make a difference, says preventive cardiology registered dietitian Julia Zumpano, RD, LD.

Foods to choose . . .

"Following a heart-healthy diet can help reduce or eliminate risk factors of heart disease," according to University of Iowa Health Care (UIHC), by "lowering blood pressure, improving cholesterol, reducing body weight, and lowering blood sugar."

In general, says Harvard Health Publishing's Jenette Restivo, a "heart-healthy eating style emphasizes minimally processed vegetables, fruits, whole grains, and beans." She cites the American Heart Association's dietary guidelines:

- "Maintain a healthy body weight by keeping calories from food balanced with calories burned exercising.
- Consume a wide variety of fruits and vegetables.
- Choose mostly whole grains instead of refined grains.
- Use liquid plant oils such as olive oil rather than tropical oils such as palm oil.
- Eat healthy sources of protein, such as from plants, seafood, or lean meats.
- Minimize added sugars and salt.
- Limit alcohol.
- Choose minimally processed foods."

UIHC cites the following foods for improving heart health: salmon, tuna, olive oil, walnuts, almonds, oranges, avocados, low-fat yogurt, cherries, dark leafy greens, black beans, and, in moderation, dark chocolate. Round out your eating plan with blueberries, sweet potatoes, seeds, oatmeal, edamame (young soybeans), green tea, and garlic.

Small dietary improvements can offer big results. Avocado, for example, is "abundant in healthy fats, fiber, and several nutrients that are associated with cardiovascular health," says Restivo. She cites a study that found "eating at least two servings of avocado each week lowered the risk of experiencing a heart attack or related problem due to coronary artery disease" by 21 percent.

. . . and those to limit

The National Heart, Lung, and Blood Institute recommends limiting "sodium (salt), saturated fat, added sugars, and alcohol" for a heart-healthy diet. It also notes that "understanding nutrition labels can help you choose healthier foods."

The American Heart Association (AHA) suggests avoiding high-fat dairy foods, tropical oils, partially hydrogenated fats, processed foods, including meats, and fatty meats.

Healthiest for your heart

The AHA evaluated 10 popular diets to determine how well they align with the organization's guidance for heart-healthy eating and found that "some diets promote heart health better than others. Two of these diets—the DASH diet and the Mediterranean diet—stand out as the top diets for heart health."

The DASH diet, whose full name is Dietary Approaches to Stop Hypertension, "is based on eating

plenty of fresh fruits and vegetables, and choosing lean proteins, low-fat dairy, beans, nuts, and vegetable oils, while limiting sweets and foods high in saturated fats," says Restivo. "Studies have found associations between the DASH diet and better heart health," she says, "including a lower risk of heart failure and reduced blood pressure."

Similarly, the Mediterranean-style way of eating "is a popular diet that is touted for its health benefits, including a lower risk of heart disease," Restivo says, as it "emphasizes vegetables, fruits, whole grains, beans, and legumes and includes low-fat or fat-free dairy products, fish, poultry, certain vegetable oils, and nuts. The diet limits added sugars, sugary beverages, sodium, highly processed foods, refined carbohydrates, saturated fats, and fatty or processed meats." ●

SELECTED SOURCES **"10 foods to improve your heart health,"** University of Iowa Health Care, www.uihc.org, 5/4/23 • **"Choose heart-healthy foods,"** Heart-Healthy Living, National Heart, Lung and Blood Institute, www.nhlbi.nih.gov, 3/24/22 • **"Heart-healthy foods to add to your grocery list,"** Cleveland Clinic Health Essentials, http://Health.ClevelandClinic.org, 4/26/24 • **"Heart-healthy foods: What to eat and what to avoid"** by Jenette Restivo, Harvard Health Publishing, www.Health.Harvard.edu, 11/9/23

avocado

Creamy, mellow, and endlessly versatile, avocados show up everywhere, from classic guacamole to tacos, grain bowls, burgers, and stacked sandwiches. Their soft texture and subtle flavor make them an easy addition to all kinds of dishes.

Avocados offer a powerhouse mix of beneficial fats, including oleic and alpha-linolenic acids. They also supply a wide range of vitamins (B6, C, E, K, and folate) and essential minerals such as potassium, copper, magnesium, and niacin, plus plenty of fiber. Thanks to their carotenoids, vitamin E, and other protective compounds, avocados may contribute to the body's natural defenses against cancer.

Long-term research supports their heart benefits, too. In a study tracking over 100,000 people for three decades, participants who ate avocados regularly had a 16 percent lower risk of cardiovascular disease and a 21 percent lower risk of coronary heart disease compared with people who rarely ate them.

Choosing the right avocado depends on its feel. An avocado that gives slightly to gentle pressure will work great for slicing and dicing. If pressing the skin leaves a faint indentation, it's ready for mashing. A deep dent usually means it's past its prime.

Ripe avocados keep best in the refrigerator's crisper drawer for up to five days. Need one to ripen faster? Tuck it into a brown paper bag with an apple to speed things along.

SELECTED SOURCES **"Avocado consumption and risk of cardiovascular disease in US adults"** by L.S. Pacheco et al., *Journal of the American Heart Association*, 3/30/22 • **"Guac your world: How avocados are so good for you,"** Cleveland Clinic Health Essentials, https://health.clevelandclinic.org, 10/9/23 • **"Mayo Clinic Minute: Avocado gets an 'A' for health benefits"** by D. Balzer, Mayo Clinic News Network, https://newsnetwork.mayoclinic.org, 12/2/19

NON GMO Project VERIFIED

The GOOD Crisp COMPANY

CERTIFIED GLUTEN FREE
GFCO.ORG

ALL TASTE, NO GUILT.

NOTHING ARTIFICIAL EVER

 BY EVA MILOTTE

GAME DAY APPS

GET THE PARTY STARTED!

Whether you're the host, or you're attending an event elsewhere, score a touchdown with these fan-favorite appetizers.

Veggie Quesadillas N V

From the ***Taste for Life*** test kitchen

30 min prep time
serves **6** (2 quesadilla wedges each)

- 4 tsp oil, divided
- 4 (10- to 12-inch) whole-wheat tortillas
- 2 c shredded Monterey Jack cheese
- ¼ c diced red onion
- ¼ c diced red bell pepper
- ¼ c diced mushrooms
- ½ c diced tomato
- 1 c your favorite store-bought salsa
- 1 c your favorite store-bought guacamole

1. In a large skillet, heat 1 teaspoon of the oil over medium-high heat. Make sure skillet bottom is evenly coated with oil.

2. Place 1 tortilla in skillet and cook for 1 minute. Reduce heat to medium. Flip tortilla over and spread one-quarter of cheese evenly over tortilla. Evenly add one-quarter each of the onion, bell pepper, mushrooms, and tomatoes over cheese. Cook until cheese begins to melt, about 1 minute.

3. Fold tortilla in half to create a half-moon shape. Flip tortilla over and cook until tortilla is toasted and cheese is melted, 1 to 2 minutes.

4. Transfer quesadilla to a cutting board. Cut into 3 wedges.

5. Repeat steps 2 to 4 with remaining ingredients, adding a small amount of oil to skillet before toasting each quesadilla. Serve with salsa and guacamole.

Kitchen Note: You can change up the vegetables, depending on what you have on hand. Consider using green onions, chopped black olives, steamed broccoli, roasted sweet potatoes, or roasted eggplant.

Per serving: 383 Calories, 16 g Protein, 39 mg Cholesterol, 24 g Carbohydrates, 4 g Total sugars (0 g Added sugars), 2 g Fiber, 26 g Total fat (9 g sat), 999 mg Sodium, ★★★★ Calcium, Phosphorus, ★★ Vitamin B1 (thiamine), ★ Vitamin A, B2 (riboflavin), B3 (niacin), B6, B12, E, Folate, C, Iron, Potassium, Zinc

Caramelized Onion and Jalapeño Dip

GNV

From ***Big Bites: Time To Eat!*** by Kat Ashmore ($35, Rodale Books, 2026)

- ¼ c extra-virgin olive oil
- 1½ lb yellow onions, thinly sliced (about 4 medium)
- 1 jalapeño, seeded and finely diced
- 4 garlic cloves, unpeeled, smashed
- Kosher salt and freshly cracked black pepper
- 1½ c plain Greek yogurt (full fat or partial fat)
- 4 oz reduced-fat cream cheese, room temperature
- 2 tsp lemon juice
- Potato chips of choice
- Fresh raw vegetables (such as bell peppers, carrot sticks, celery sticks, radishes, and cucumber slices), for serving

1. To a large skillet, add oil and place over medium-low heat. Add onions, jalapeño, and garlic, and season with a large pinch of salt. Allow to cook for about 30 minutes, stirring frequently, until deeply golden brown and caramelized. If onions begin to burn, deglaze with a splash of water, as needed.

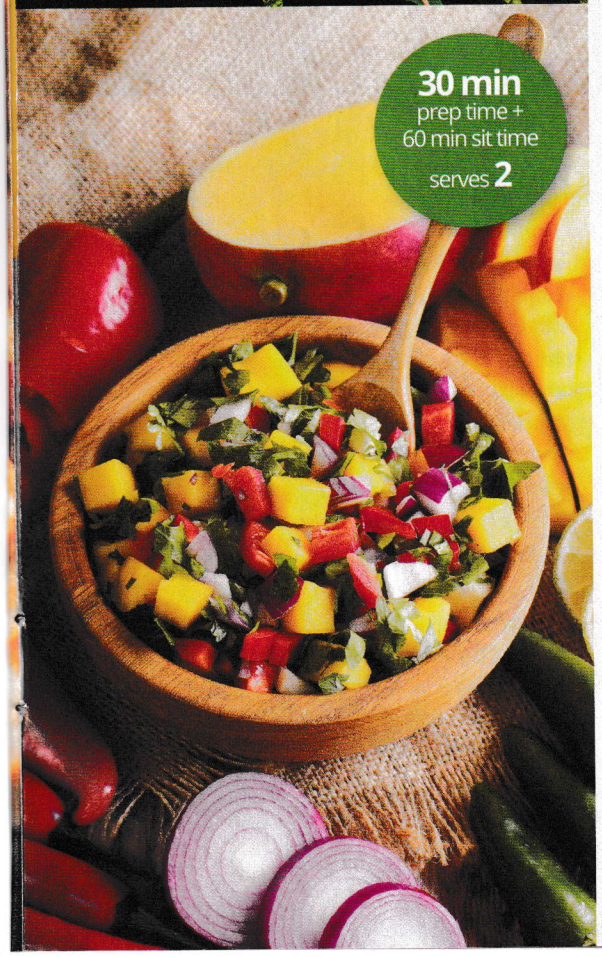
2. Remove from heat and allow to cool for 10 to 15 minutes. Take garlic cloves out of their skins and discard skins.

3. To a food processor or a high-speed blender, add garlic, cooled onion mixture, yogurt, cream cheese, and lemon juice. Blend until smooth but mixture still retains some texture. Season to taste with salt and pepper. Refrigerate for at least 30 minutes to firm up before serving.

4. Serve with potato chips and crudités. Store in fridge for up to 1 week.

Kitchen Note: Chips and dip—an iconic combination that rarely disappoints. By using protein-rich Greek yogurt as the base, this is a more virtuous onion dip that is still rich-tasting from a bit of cream cheese and some luscious, deeply caramelized onions but isn't a bucket of cream cheese and sour cream weighing down your belly. You can also serve this dip with roasted fingerling or baby potatoes for dunking.

Per serving (dip only): 138 Calories, 5 g Protein, 12 mg Cholesterol, 9 g Carbohydrates, 5 g Total sugars (0 g Added sugars), 1 g Fiber, 10 g Total fat (3 g sat), 176 mg Sodium, ★ Vitamin B6, C



Mango Salsa DGNV

From ***Island Vegan*** by Lloyd Rose ($27.99, Page Street Publishing Co., 2024)

- 1 ripe mango, peeled and diced
- ½ c diced pineapple
- 1 medium red onion, finely chopped
- 1 medium tomato, seeds removed and diced
- ¼ c finely chopped cilantro
- Juice of 1 lime
- ½ Scotch bonnet or habanero pepper, seeds removed, minced
- ⅛ tsp salt (optional)

1. In a large bowl, combine all ingredients.

2. Allow salsa to sit for at least an hour in the refrigerator before serving. This resting time lets flavors meld together, enhancing overall taste of salsa. After flavors have melded, salsa should be eaten fresh.

Kitchen Note: This Mango Salsa is excellent alongside savory fritters, as a topping for tacos, or simply as a refreshing dip with tortilla chips. Enjoy this tropical burst of flavors with a hit of heat as an enhancement to your meals. You can double or triple the recipe as needed to serve more.

Per serving: 266 Calories, 4 g Protein, 0 mg Cholesterol, 68 g Carbohydrates, 51 g Total sugars (0 g Added sugars), 9 g Fiber, 1 g Total fat (0 g sat), 158 mg Sodium, ★★★★★ Vitamin B6, C, ★★★ Folate, ★★ Vitamin B1 (thiamine), ★ Vitamin A, B2 (riboflavin), B3 (niacin), E, K, Magnesium, Phosphorus, Potassium

BY LISA FABIAN

how to cook an omelet

the perfect meal, made easy

Whether made in the French style (known as *omelette:* thinner, more delicate, no browning), or in the American style (known as *omelet:* thicker, fluffier, spots of brown on the underside), this egg-forward dish is a culinary classic.

Omelets make a satisfying meal any time of the day. So let's get cracking to cook the perfect version.

Make it like a pro

Here's a basic recipe for a simple, folded American-style omelet.

1. Beat 4 eggs and 2 tablespoons milk together. Season to taste with salt and pepper.
2. Place a 10-inch nonstick skillet over medium heat. Add 2 tablespoons of oil or butter to coat skillet.
3. Pour egg mixture into skillet. Tilt to make sure entire surface is covered with egg mixture. Let cook, without disturbing, for 30 seconds. With a rubber spatula, push eggs to center of skillet. At same time, tip skillet to allow uncooked eggs in center to reach pan edges.
4. Cook for 2 to 3 minutes more, until center of omelet reaches desired firmness.
5. With a large spatula, fold omelet in half and transfer from skillet to plate. Omelet can also be served flat or rolled.

Note: If adding fillings, do so when the top surface is thickened and there are no liquid eggs remaining. Place fillings on one half of the omelet. Fold omelet into a half-moon shape, and then slide it onto a plate. (Take care not to overstuff the omelet, or it will burst when folded.)

Healthy add-ins

Here are some tasty filling ideas for omelets. Keep the total quantity of add ins to no more than 1 cup per 4-egg omelet.

- Roasted red bell peppers and goat cheese
- Chopped scallions, onions, and tomatoes, with a sprinkling of smoked paprika
- Mashed white potatoes, sweet potatoes, parsnips, or celery root
- Shredded or minced cooked shrimp, scallops, lobster, or crabmeat
- Smoked salmon and cream cheese
- Cottage cheese or sour cream
- Caramelized onions
- Corn and diced jalapeño
- Fresh herbs (up to 1 tablespoon of oregano, tarragon, thyme, parsley, chives, basil, or chervil)
- Fruit (berries or peeled and grated apples pre-cooked with butter, sugar, and cinnamon), jam, or marmalade ●

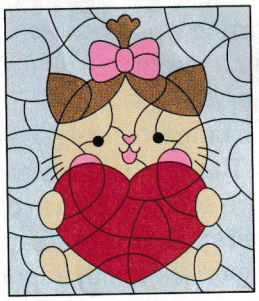
SELECTED SOURCES ***How to Cook Everything*** by Mark Bittman ($37, Houghton Mifflin Harcourt, 2019) • **"How to make a perfect omelet"** by Amanda Neal, www.FoodNetwork.com, 3/12/24 • **"This is the only way I'll ever cook an omelet"** by Ivy Manning, www.TheKitchn.com, 4/12/24

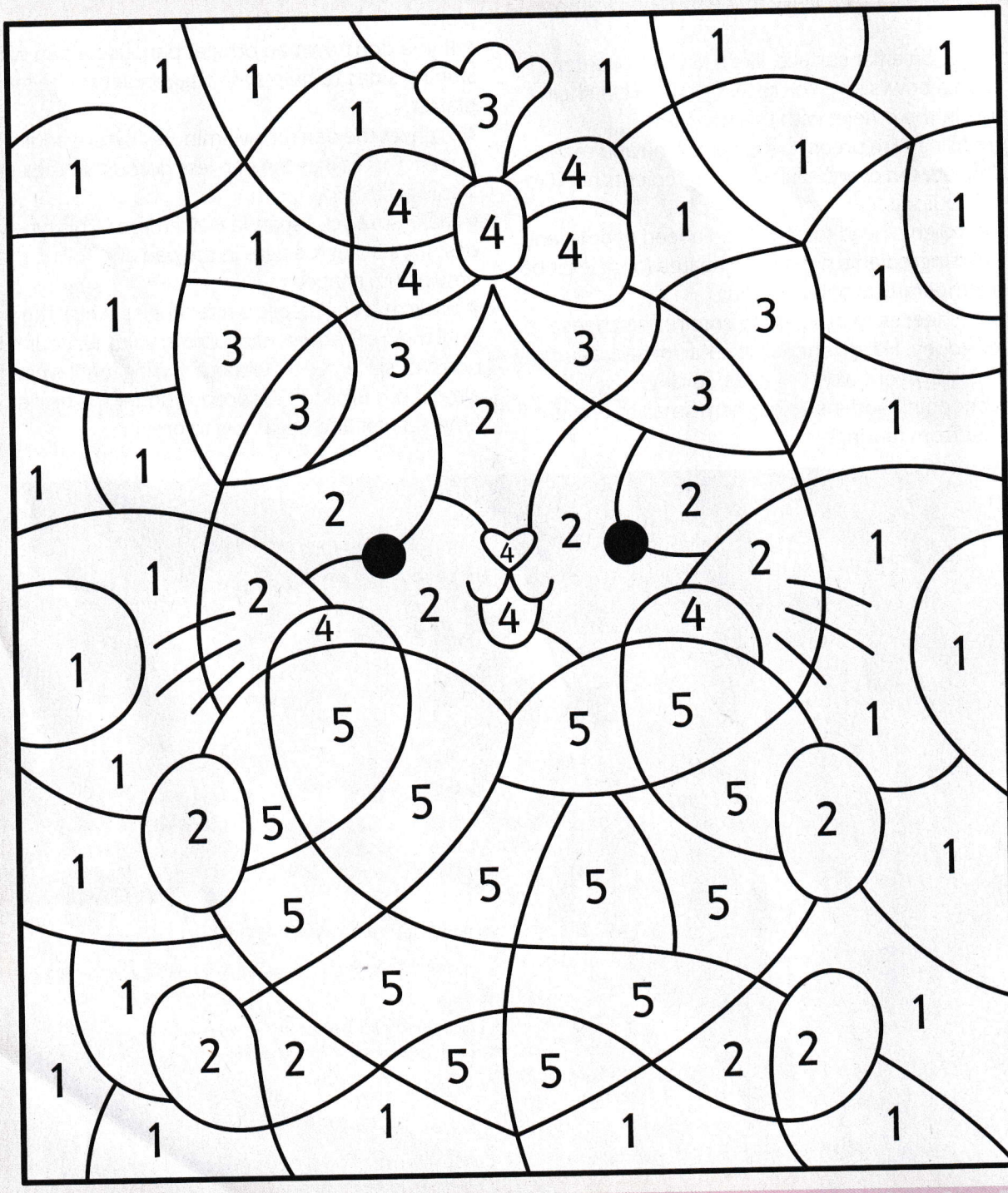
Helpful Tips

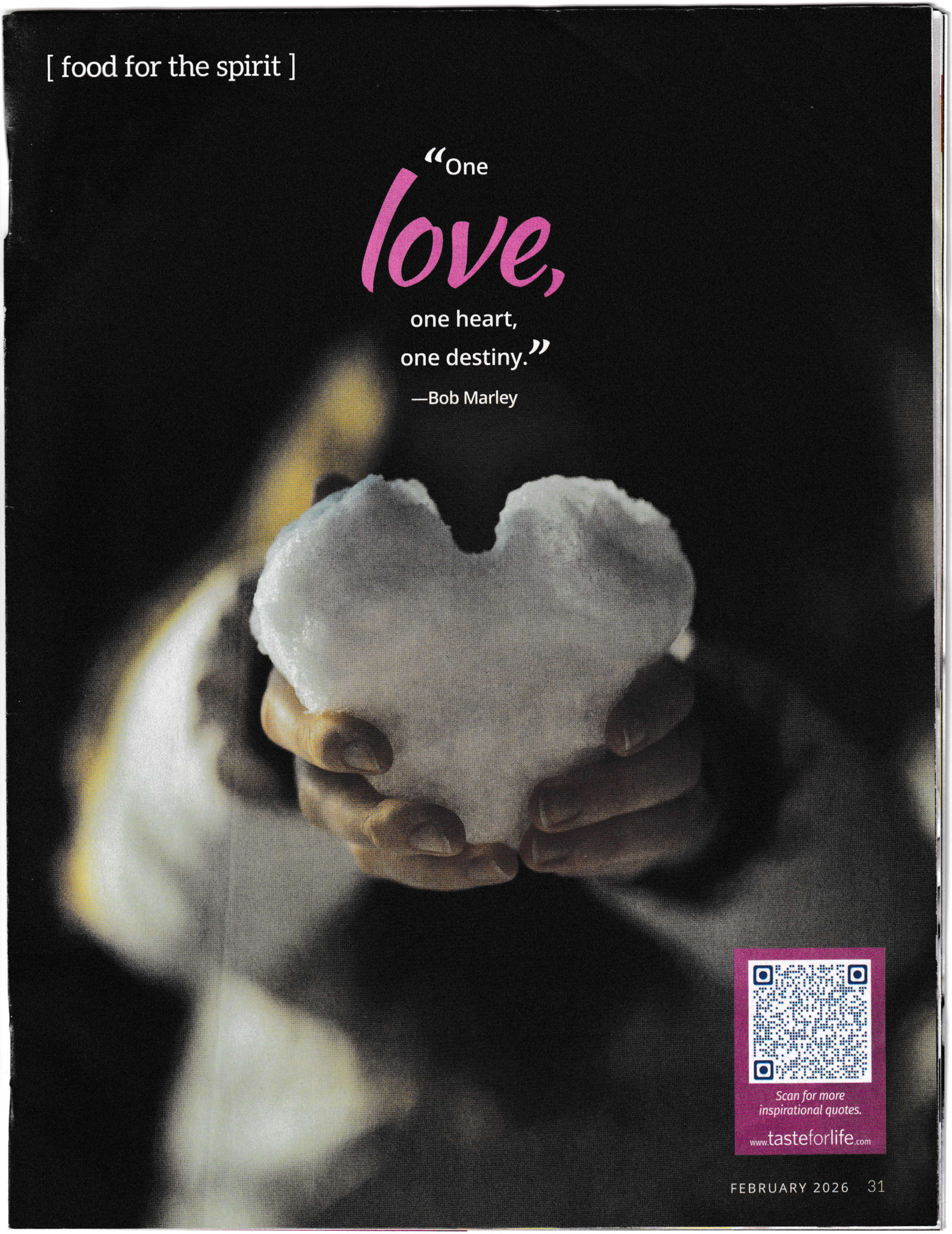
- When making the American version (omelet), resist over-stirring when cooking. This helps create a fluffier dish. For a traditional diner-style favorite, fill with a variety of add-ins.
- French omelettes are stirred the entire time they're cooked. This creates a custardy interior. Little to no fillings are added. A French omelette is served folded over itself into thirds to create a long, thin rectangle. It may be garnished with a sprinkling of fresh herbs.
- Classic omelets are typically made with two to three eggs.
- Crack eggs on a flat surface, like a kitchen counter, rather than a bowl's rim. You're less likely to get shell fragments in the omelet with this method.
- Be sure fillings are prepped ahead of time and ready to go. Omelets can overcook fast, so ingredients need to hit the pan quickly.
- Raw ingredients need to be cooked ahead of time, and refrigerated ingredients need to be heated (or at least be at room temperature) before adding.
- Add soft cheeses to omelets to ensure the cheese becomes gooey. Hard varieties like Parmesan, aged Cheddar, or Gruyère won't melt as quickly.
- When chopping add-ins, keep them small to prevent the omelet from tearing.
- Plan on ⅓ to ½ cup of filling for each 2-egg omelet. If you have leftover filling, spoon it over the omelet before serving.
- Use a large balloon whisk and a large bowl to whisk the eggs together. Be sure to whip the eggs vigorously and thoroughly. This incorporates the whites into the yolks and yields a nice creamy omelet. Using this technique, you may find there's no need to add milk or water.
- Always use a nonstick pan to prevent the eggs from sticking, and to easily transfer the omelet from pan to plate.
- If you don't own an omelet pan, use a pan with sloping sides to help slide the omelet to the serving platter.
- Preheat the pan for two minutes before adding oil or butter. This makes the pan less porous, so the eggs are less likely to stick.
- Make sure your spatula is heatproof. This type works best for stirring the eggs in the pan and rolling the omelet into shape.
- When making an egg white omelet, whisk the whites until they're foamy and double in volume. Pour into a nonstick skillet. Cook, without stirring, until whites are almost set. Broil for 30 seconds under the broiler, until omelet is set and beginning to brown.

color by number

1 2 3 4 5







Scan for more inspirational quotes.

www.tasteforlife.com

THREE WISHES
More protein. Less sugar. Gluten free.
8g
3g
MAPLE PECAN
ORIGINAL
grain free granola
free cereal
grain free
NET WT. 8.6 oz (245g)
8G PROTEIN
MADE BY OUR FAMILY, FOR YOUR FAMILY.
3G SUGAR
Only a few simple ingredients.
@threewishes
www.threewishescereal.com
threewishescereal